Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The Effectiveness of Body Percussion Rhythmic Exercises on the balance and cognitive flexibility of the elderly

Protocol summary

Study aim

The main goal: to determine the influence of a course of body percussion rhythmic exercises on the balance and cognitive flexibility of the elderly.

Design

Clinical experiment with control group(30 persons)and intervention group(30persons)by simple random sampling,based on 60 elderly people for simple random and based on single sequence from random designations and random numbers table.

Settings and conduct

The intended experiment in Kashmer city as the influence of a course of body percussion rhythmic exercises on the balance and cognitive flexibility of 60 elderly people is evelnated by measurement tools of cognitive flaxibility,classification test,whiskansin card,and measurment tools of equilibrinm.

Participants/Inclusion and exclusion criteria

The criteria for entering the research includes: the ability for seeing and hearing perfectly, to be over 65 years old, to have asthma and respiratory and heart disease,movement problems and main and using crutches and wheelchaivs, antecedent of heart attacle,antecedent of anesthcsia,skull scriors injury,to have movement disorder and a basic level of physical activity and exercisa habits and similiar backfall proportion.

Intervention groups

60 elderly people have been randomly selected as research sample and will be devided to two group of intervention (30) and control(30).the intervention group, who will perform rhythmic body percussion exercises for 45 minutes, 3 days a week for 12 weeks.but,the control group will not recieveary exercise program during this period.

Main outcome variables

Static equilibrium,dinamic equilibrium ,cognitive flexibility.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220704055369N1**
Registration date: **2022-10-16, 1401/07/24**
Registration timing: **prospective**

Last update: **2022-10-16, 1401/07/24**
Update count: **0**

Registration date

2022-10-16, 1401/07/24

Registrant information

Name

Najmeh Khakshormoogadam

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 5522 1725

Email address

najmehkhakshormoogadam@semnan.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-10-22, 1401/07/30

Expected recruitment end date

2023-01-20, 1401/10/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effectiveness of Body Percussion Rhythmic Exercises on the balance and cognitive flexibility of the elderly

Public title
The Effectiveness of Body Percussion Rhythmic Exercises on the balance and cognitive flexibility of the elderly
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
The ability for seeing and hearing perfectly To be over 65 years old
Exclusion criteria:
To Have asthma and respiratory and heart diseases Movement problems and maim and using crutches and wheelchairs Antecedent of heart attack Antecedent of anesthesia Skull Serious injury To be blind and deaf
Age
From **65 years** old to **75 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **60**
Randomization (investigator's opinion)
Randomized
Randomization description
60 elderly who have research accomplishment qualifications will be chosen based on research area ,then by simple random sampling will be devided to two groups of intervention 30 persons and contvol 30 persons,while there is equal chance for every one to choose and its based on songle sequence from random designations and random numbers toble.(random numbers table is a large set of numbers that are produced random withovt specific discipline and are shaped as a table).at first,the researcher determine the numbers of table(for example,up,down,left or right)table and then, the researcher take into account the numbers for different gronps(for example,couple numbers for intervention(A)and singular numbers for in terven tion(B).in this method,probably,there is non-equality of persons to each groups.especially,when contant of the sample is low ,while content of the sample of this ineqnality will be decreased.
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of Semnan University of Medical Sciences
Street address
University of Medical Sciences and Healthcare Services,Basij St.
City
Semnan
Province
Semnan
Postal code
35147-99442
Approval date
2022-06-27, 1401/04/06
Ethics committee reference number
IR.SEMUMS.REC.1401.074

Health conditions studied

1

Description of health condition studied
Balance disorders
ICD-10 code
E87.8
ICD-10 code description
Other disorders of electrolyte and fluid balance, not elsewhere classified

Primary outcomes

1

Description
Cognitive flexibility
Timepoint
90day
Method of measurement
Cognitive flexibility measurement tool of the Wisconsin Card Sorting Test

Secondary outcomes

1

Description
Balance
Timepoint
90day
Method of measurement
Measuring balance with Johnson's stork balance tool

Intervention groups

1

Description

Intervention group;60 elderly people who have been selected for this research(betwreen 150 elderly).around 30 persons at intervention group who will perform rhythmic body percussion exercises for 12 weeks,3days a week for 45 minutes .these exercises will be performed as synthetic at each session that includes 7 repetitive movements:stroke to chest,stroke to chest,clap,stroke to chest,stroke to chest,stroke to chest and clap,it will be all,cated to heat and unlimber the elderly 10frist minutes and it 10, will be all.ocafed to refrigerate them 5 last minute.it is necessary to say that these body exercises will be performed by expert coach and will be requested from participants to look at the coach and implement his/her movements,and then will be requested to perform the activity based on rhythme.

Category

Other

2

Description

Control group:they are 30persons and dont reciveve any program at in tervention period .

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Khomeini (RA) Kashmir Relief Committee

Full name of responsible person

Fatemeh Rezaei

Street address

No. 237, 16 Arghvan Alley, Laden Street, Golestan St

City

Semnan

Province

Semnan

Postal code

۳۵۱۹۸۶۸۷۸۴

Phone

Email

Frezaee39@gmail.com

Web page address

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

Fatemeh Rezaei

Street address

No. 237, 16 Arghvan Alley, Laden Street, Golestan St

City

Semnan

Province

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Postal code

۳۵۱۹۸۶۸۷۸۴

Phone

Email

Frezaee39@gmail.com

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

No

Title of funding source

Semnan University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

Najmeh Khakshor Mooghadam

Position

University Student

Latest degree

Bachelor

Other areas of specialty/work

Others

Street address

No. 5, Shahid Abolqasem Modaresi Alley, 17 Shahrivar St.

City

Kashmar

Province

Razavi Khorasan

Postal code

9671935588

Phone

+98 51 5522 1725

Email

N.khakshor7073@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

Najmeh Khakshor Mooghadam

Position

University Student

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Person responsible for updating data

Contact

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available

Title and more details about the data/document

The influence of a course of body percussion rhythmic exercises on the balance and cognitive flexibility of the elderly, the results of the research and participants at the research without people identity and the equilibrium basic results and cognitive flexibility of the elderly will be shared.

When the data will become available and for how long

Start of access period 6 months after publishment of results.

To whom data/document is available

It will be available for researchers who work in academic and scientific institutions.

Under which criteria data/document could be used

It is free to study the documents and to use the questionnaire and also data of research.wecan help to elderly and reserchers who are intvested to these studies.

From where data/document is obtainable

The e-mail address of the liable person in n.khakshor7073@gmail.com with the postal address 9671935588 and the phone number 09106798672 with the fax number 05155221725 as najmeh khakshor moghadam,i am ready to answer.

What processes are involved for a request to access data/document

People who are studying in the scientific evedible universities of country are allowed to receive the necessary documents after 6 months of results registration.

Comments